

What is claimed is:

1. A uniquely effective and comfortable device to ensure side-sleeping by preventing a person from rolling toward a back-supported position, where snoring and sleep apnea often occurs due to airway blockage, said device comprising:

- an elongated fabric main enclosure containing internal parts which can be inserted or removed through an adequate opening in said enclosure;

- a rectangular compressible, layered or laminated diaphragm of foam material located within said enclosure;

- compressible stop blocks formed of resilient, high density foam material attached to the rear surface of said diaphragm at the opposite lateral sides;

- fabric cushion sleeves, containing removable internal foam pads, and attached to said fabric main enclosure to secure said device snugly around the body;

2. The device according to claim 1 wherein a detachable external friction band of soft stretchable material is attached to the body side to prevent rotation of the person's body inside of the device.

3. The device according to claim 1 wherein the front ends of said cushion sleeves are overlapped and connected together.

4. The device according to claim 1 wherein the rear ends of said cushion sleeves are connected to the lateral sides of said enclosure by elastic transition pieces.

5. The device according to claim 1 wherein said diaphragm and sleeves are compressed comfortably all around the said person's body.

6. The device according to claim 1 wherein said stop blocks provide restraint when one attempts to roll from a side to a back-supported position.

7 The device according to claim 1 which can be disassembled so that the external components can be separated from the inner components and laundered.